



Do you find military life

Air Force spouses are invited to learn what they need to know to excel in a military environment!

Heart Link

Your ticket to thriving in the military

2009 Schedule

26 June, 0800 - 1300

11 September, 0800 - 1300

4 December, 0800 - 1300

Learn valuable tools to successfully adapt to the military lifestyle.

- **Hickam's mission**
- **Military protocol, traditions & acronyms**
- **Pay, life insurance, benefits, services & more**
- **Meet the base helping agencies**



FREE Training FREE Lunch FREE Door Prizes
FREE Spouse Coin FREE Child Care Assistance



Reservations Required: 449-0300

Airman & Family Readiness Center, Building 1105